

# 100 Push-Ups a Day Challenge Sweepstake



## Step 1: Get ready

Find a prize for your sweepstake and fill out the details at the top and bottom of the poster.

## Step 2: Get set

Ask your friends, family and colleagues if they'd like to guess how many hours you spent doing push-ups that week for a suggested donation.

## Step 3: Go!

Announce the winner on the date you've mentioned on your poster.

## Step 4: Don't forget

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: 100 Push-Ups a Day Challenge September 2026, CRUK 2RP, PO Box 81666, London, E15 9LJ

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.



**Power  
progress with  
push-ups this  
September**

# 100 Push-Ups a Day Challenge Sweepstake



How many hours will ..... take to complete their push-ups this week?

Please donate\* £ ..... to have a guess and support Cancer Research UK. The person with the closest guess to the total push-up count will win .....

|            |            |            |            |
|------------|------------|------------|------------|
| Guessed by | Guessed by | Guessed by | Guessed by |
| Guessed by | Guessed by | Guessed by | Guessed by |
| Guessed by | Guessed by | Guessed by | Guessed by |
| Guessed by | Guessed by | Guessed by | Guessed by |

Visit [cruk.org/septemberpushups](https://cruk.org/septemberpushups)

\*No donation is necessary.

1. To enter, pick a box and write your name and predicted push-up time.
2. Closing date ..... Winner will be revealed by .....  
..... (Please write the closing date and when you will announce the winner here.)
3. The person whose guess is closest to the correct number of hours will win the prize listed above.  
If the winning time is exactly between two guesses, the prize will be given to the lower number of the two.
4. All money raised will be donated to Cancer Research UK.
5. The promoter to collect and send money to: 100 Push-Ups a Day Challenge September 2026, CRUK 2RP, PO Box 81666, London, E15 9LJ.
6. The promoter is .....  
(Please write the name and address of the person organising this sweepstake here.)
7. Cancer Research UK isn't the promoter and doesn't accept any responsibility for your sweepstake.
8. For use in the UK only.

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).

